PARANORMAL UNDERGROUND®

Volume 9 | Issue 12

December 2016

ZOMBIE APOCALYPSE!
Being an Extra on *Z NATION*

Gloomy Ghosts of the WITCH'S CASTLE

KRAMPUS IN THE MOVIES & COMICS

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Writing and witchcraft have always remained close to Winter's heart, feeling both require a profound understanding of one's self and environment. When she's not exploring the macabre and bizarre, Winter enjoys reading tarot, as well as writing poetry and short stories. All of her work can be viewed on her Website.

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Willie has appeared on A&E's *Cursed: The Bell Witch* (2015) and CMTs *Most Shocking Ghosts* (2004). He also hosted his own public access show for 12 years, called *Spiritual Gifts and Wonders*, based in his hometown of Louisville, Kentucky. He also has his own group of sensitives, called Soul Warriors, who are based all over the US.

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Cheryl's previous magazine experience includes roles as senior and managing editor for several business publications.

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SILVERMOON MEDICYN & VICKI RATLIFF

Michaela Rand, also known as Silvermoon Medicyn, is a medicine woman and metaphysician who works closely with

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Vicki is Michaela's business partner. She works in a medical laboratory by day and loves to explore various spiritual pathways and occult topics in her free time. She helps craft one-of-a-kind creations for Silvermoon Medicyn and assists in vending herbs, oils, and stones.

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Michelle is a *New York Times* and *USA Today* bestselling author writing in many fiction genres, including the Dragon-Shifter series *Dragon Lords* and *Captured by a Dragon-Shifter* and the mischievously magical *Warlocks MacGregor*. A skeptical believer, she has a fascination with anything paranormal.

Michelle loves to travel and try new things, whether it's a paranormal investigation of an old Vaudeville theater or climbing Mayan temples in Belize. She has a BGS in history/business with an English minor and a photography degree. She is the co-owner of www.TheRavenBooks.com.

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Frank studied and received a fellowship in parapsychology under the leadership of the prominent parapsychologists Burton Mathews and Paul Krafchik of the American Parapsychological Research Center. For more than 30 years, he engaged in the investigation and research of paranormal occurrences, most of which consisted of hauntings and UFOs.

Most notable of UFO cases was the thorough examination of the "Hudson Valley UFO" phenomena of the mid-1980s. Of haunting cases, the Montauk, New York, "Hangman's Ghost" instance was probably the most thought-provoking. Many of Frank's investigations can be found in his book, *Paranormal Family and Friends*.

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Claire is a paranormal investigator out of the UK, as well as the owner of Shadows of the Night, a professional paranormal team that specializes in public events, corporate events, and more. Claire's journey in the paranormal began more than 20 years ago after hearing many stories as a child, especially overhearing a conversation with her mom and a friend talking about how she had to move because her house was haunted.

As a child, during school holidays, she spent a lot of time visiting old castles or picnicking at old ruins. Today she is still hanging out at these places, but this time as a paranormal investigator leading her team. Over the years, she has worked alongside medium Ian Lawman, ghost hunter Ray Jorden, and paranormal investigator Robb Demarest. Claire is also a charity event organizer and radio presenter.

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David is a professional lecturer, filmmaker, and researcher of ancient civilizations, consciousness science, and new paradigms of matter and energy. His upcoming Hollywood film *Convergence* unveils the proof that all life on Earth is united in a field of consciousness, which affects our minds in fascinating ways.

David is the author of the recently released book *The Ascension Mysteries: Revealing the Cosmic Battle Between Good and Evil*. He is also the subject and coauthor of the international bestseller, *The Reincarnation of Edgar Cayce?*, which explores the remarkable similarities between David and Edgar, features many of David's most inspiring psychic readings, and reveals documented NASA scientific proof of interplanetary climate change and how it directly impacts our DNA.

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A freelance writer, Chad is the publisher of *Paranormal Underground* magazine. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, and private residences among his investigations.

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Finding Purpose Amid Everyday Life

There are times in our lives when we ask what our purpose is. We ponder why we are here, what we are supposed to do with our lives, and what, exactly, the point of life is.

Sometimes this lack of purpose is a quick, passing thought that is resolved quickly. But other times, the effects are longer lasting, and we wander around our daily lives feeling dissatisfied, useless, or lost.

Chad Wilson, Publisher

The reasons we get to this point vary, but regardless of the catalyst, this state of being can make us sad, depressed, or even hopeless.

It's important to know that you can reach out for help during times of personal crisis, including when you feel like you are without purpose. Talk to a trusted friend, spouse, or parent. Tell them about how you are feeling. Ask about times when they've gone through the same thing. Find out how they dealt with it.

For those who are suffering a high level of despair, there are professional text and hotlines ready to help 24/7. Here are a couple: the Crisis Text Line (http://www.crisistextline.org/faq/) and the National Suicide Prevention Lifeline (1-800-273-8255). Or reach out to a licensed therapist for long-term help (https://therapists.psychologytoday.com/).

On page 28 of this issue, in the Metaphysics and Energy Healing column, Karen Frazier writes about how to find a sense of purpose. Karen shares five strategies that can help you move forward during times of stagnation.

"It's natural from time to time to feel like your life lacks purpose, but these times don't need to be difficult," Karen writes. "Instead of feeling lost or empty, know the Universe is conspiring in your favor to bring you the perfect opportunity you need to move forward in the interest of your greatest and highest good."

Read Karen's article for more insights on how to find meaning and purpose in life.

I've found during my life that even in those times where I'm struggling to find a purpose, I always do have a purpose. Whether that's saying, "I love you," to my wife or kids; smiling at a passerby; or learning one new thing during the day, I can always affect the world around me in positive ways.◆

January 8
Winter Parafest 2017
Henrieta, New York
https://www.facebook.com/Winterparafestavon/?fref=ts

January 20–22
Yuma Prison ParaCon 2017
Yuma, Arizona
http://www.yumaprisonparacon.com/

February 3-5
Days of the Dead: Atlanta
Atlanta, Georgia
http://www.daysofthedead.net/

February 11
American Hauntings' Annual Dead of Winter Festival ((FREE admission with non-perishable food donation)
Macoupin County Courthouse
Carlinville, Illinois
http://prairieghosts.com/winter.html

February 24-25
UFO Paranormal Summit
Quinault Beach Resort & Casino
Ocean Shores, Washington
http://www.ufosummit.com/

March 4
ParAmeriCon 2017
1863 Inn
Gettysburg, Pennsylvania
http://sorrellls.wixsite.com/paramericon

March 4
Underground Monster Carnival 6
OKC Fairgrounds

Oklahoma City, Oklahoma
http://www.undergroundmonstercarnival.com/

March 11-12
Gift of Light Expo
Columbus, Ohio
http://www.giftoflightexpo.com/

March 18
6th Annual Paranormal Unity Fest
Somervell County Expo Center
Glen Rose, Texas
https://www.eventbrite.com/e/6th-annual-paranormal-unity-fest-tickets-28696925276?aff=erelexpmlt

March 23-26
TransWorld's Halloween & Attractions Show
America's Center
St. Louis, MO
http://www.haashow.com/

March 31-April 2
Oregon Ghost Conference
Seaside Civic & Convention Center
Seaside, Oregon
http://www.oregonghostconference.com/

E-mail your paranormal event to editor@paranormalunderground.net. ◆

Ghost Hunter Comic

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Roberta Warren (played by Kellita Smith) on Syfy's 'Z Nation'
(Photo by Daniel Sawyer Schaefer, Go2Z)

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REFUGEE OF THE APOCALYPSE:
Being an Extra on 'Z Nation'

By Michelle M. Pillow

It is no secret to my readers that one of my lifelong dreams is to be a zombie extra in a horror film. It's been featured on my author bio for years in hopes that the Universe would take note and make the dream come true. I'm ready, too. I've been practicing each morning when I'm pre-coffee, groaning incoherent words, and stumbling around on stiff legs. All that's missing is the makeup artist.

One of the cool perks of my job are the people I meet along the way — readers, other authors, and industry professionals — and the random adventures those meetings bring forth. Recently, audiobook narrator Rebecca Cook gave me and a few members of my family the opportunity to be an extra on Syfy channel's *Z Nation*. Rebecca is the voice for my *Divinity Warriors* series, *Lords of the Abyss* series, and *Dragon Lords: The Reluctant Lord* audiobooks. She also happens to work for *Z Nation*, which is filmed in Spokane, Washington.

Michelle Pillow (pictured above at center) takes a moment on the set of *Z Nation* to pose with zombie extras. Michelle recently played a zombie apocalypse refugee on Season 3 of the hit Syfy show.

Watch the Show. I Mean, You're Here Reading So You Already Like the Paranormal.

Z Nation is not just another zombie show. If you haven't given it a try, just hop onto Netflix or Hulu and start binging on Season 1. I was hooked on the premise in the very first episode, and they only get better. It's also available for purchase on Amazon.com, YouTube, Google Play, iTunes, and Xbox.

When I first sat down to watch it, I thought it was going to be another version of AMC's *The Walking Dead*, which I love. It's not. Yes, there are elements that all post apocalypse storylines must tackle — food, shelter, emotional upheavals, and astronomical losses. Mainly, it all comes down to surviving in a desolate world, facing

human and non-human threats, as society slowly breaks down in the chaos of a horrific aftermath.

The question is not just how does a single person survive, but how does humanity survive, and can it even bounce back to what it once was? What makes the *Z Nation* story unique is how the characters handle those challenges.

Season 1 takes place three years post-apocalypse. A group of survivors are charged with escorting a pre-apocalyptic, non-violent felon turned compulsory governmental test subject across country to a laboratory in California. Tests included strapping prisoners down, giving them an experimental serum, and letting zombies munch family dinner style.

Only one survived, and the possible cure to humanity's survival lies within the blood of a convict, Murphy (portrayed by Keith Allan). I'm sure you can imagine the set of ethics that would come into play here. Keith does a great job balancing the narcissistically bent behavior of Murphy with moments of hope.

Another element to the show is Citizen Z (Actor DJ Qualls), a stranded NSA agent with access to the last bits of our electronic footprints. He can see everything from his remote Arctic outpost, as he tracks the main group of survivors and tries to help them complete their mission. While he faces the insanity of isolation and loneliness, he is the comforting voice on the radio that the last remaining humans hear. Although it would have been awesome, we did not meet DJ on set that day. It's OK. He's busy keeping an eye on the world, after all.

I don't want to give too much more of the plot away. I hate when people spoil things for me. But I will give you these not-so-subtle hints: nuclear meltdowns, an adorable puppy, strong females who can kick some zombie backside, odd romance with even stranger outcomes, and a doctor whose professional training amounts to sitcom reruns.

Z Nation Is Currently in its Third Season

A refugee is born, or saved, or um ... on the menu?

Hopefully, I've convinced you to give *Z Nation* a try, because if you do, you'll be able to see my awesome breakout role as Michelle Refugee in Season 3. OK, so I didn't officially get a name, or lines, but I did make up my own backstory that will have nothing to do with the show's premise. That said, let me point out that I'm an integral part to the plot. Or, at least the background scenery. Hey, I carried unlit torches. Without me, the refugees wouldn't have had future light.

All jokes aside, being an extra on a paranormal show was a wonderfully fun experience. I might not have been the zombie I always dreamed of, but I like to think that my character has a future on somebody's menu. She's a pre-zombie.

Michelle Pillow (pictured above at left) poses with Murphy (portrayed by Keith Allan) -- pictured above at right -- on the set of Syfy's *Z Nation*. The TV series follows a group of survivors as they cross the country with a possible cure for the zombie apocalypse. The holder of the cure, a zombie-human hybrid named Murphy, may not be so cooperative.

It's a Cool Job, But Still a Job ... Who Am I Kidding? It Rocked!

Our day started with a 10 a.m. call time, which is where we began the long process of paperwork, wardrobe, and makeup. They had our measurements before we arrived and wardrobe was already set aside. Here's a little insider Hollywood magic secret — the clothes don't smell as bad as they look. Michelle Refugee had a fondness for the 1990's Seattle grunge movement, and by the amount of bloodstains on her clothes had seen a little zombie action. I like to think of her as a clandestine badass ... who unfortunately hadn't seen a bath in a while.

→

***Z Nation* extra Michelle Pillow (pictured above) played a refugee during the zombie apocalypse. Her wardrobe was reminiscent of the 1990's Seattle grunge movement, and by the amount of bloodstains on her clothes had seen a little zombie action.**

The life of an extra seems to be a lot of hurry-up-and-wait. I didn't mind it one bit. Our holding area was filled with fellow actors, from zombies, to specialty cast, to us poor refugees. It's fun watching scary zombies eat snacks and drink water from straws for fear their special effects makeup will get ruined.

I don't know how it normally is on shows, but the *Z Nation* family cultivated a friendly, positive atmosphere. I didn't run into one egomaniac. They made sure we were fed, watered, and that sunblock was liberally applied at all times — the weather was in the 90s (°F) that day. They shuttled us by old school bus back and forth between the first holding area and the set/second holding area. I have to wonder if the residents of Spokane are used to seeing zombies drive by during the day.

In the makeup trailer, the stars of the show are prepped right next to the extras. I'm sure this was more thrilling for us than it was for them. While we were slathered with dirt and the glossy sheen of the unclean, characters like Murphy, 10k (actor Nat Zang), Doc (actor Russell Hodgkinson), and Addy (actress Anastasia Baranova) were being carefully groomed for their starring roles. Though I didn't have a chance to meet her specifically, a special thank you to the very kindhearted Anastasia who helped to make my daughter's birthday extra special.

Roberta (actress Kellita Smith) and Escorpion (actor Emilio Rivera, yeah, the one from *Sons of Anarchy*!) were also spotted working that day. Don't worry, my name dropping is almost over. But you have to admit, that's freaking cool.

Happy Birthday, Zombie-Style

The trip to Spokane was part of my daughter's birthday present this year. Once the staff found out, they were amazing in helping us to celebrate. One insider told me that they absolutely love birthdays on set. I can see the truth in that. Liz McCracken and Chelsea Frazier (makeup artists) were phenomenal with the celebrating. Liz made sure we had a chance to meet Keith Allan (aka Murphy) during the shoot.

Upon meeting, Keith is nothing like his character, and was pleasant to be around — not like what you'd expect one of the top actors on the show to be like during a busy shoot. He took the time for pictures and to chat about the show and our trip to Spokane. If you watch the show, you see the evolution of his "look" throughout the season. Those aren't tricks of the camera. The special effects makeup artists hand paint that every morning before a shoot.

To top off the celebration, zombies behind a cage sang a very spooky rendition of the birthday song while gurgling their desire to eat us.

And … Background!

"Background!" is the call extras wait for. It's our signal to start moving. Zombies began zombie-ing, refugees begin surviving, and the specialty extras begin … well, you should watch Season 3 to find out what they're doing.

We shot several scenes that day, so hopefully one if not all make the cut and you'll be able to see me helping the world survive the zombie attacks in a few episodes.

Our Workday Wrapped Just Before 10 PM

Psst! *Z Nation* crew … if you want Michelle Refugee to come back to save the day (or just carry more torches), give her a call. She's ready!

A special thank you to all of the cast and crew of *Z Nation* for a very memorable day!

To learn more about Z Nation, visit http://www.syfy.com/znation. To learn more about NY Times Bestselling author Michelle M. Pillow, visit http://MichellePillow.com. To learn more about the audiobooks performed by Rebecca Cook visit http://rebeccaacook.wixsite.com/rebeccacook.

→

'Z Nation' Crew Interview: Juan A. Mas, Director

Q: What advice do you have for someone wanting to be a director?

Juan: Never stop trying, learning, and growing as an artist. Put as much effort into developing and strengthening your people skills.

Q: What is it like working on an awesome television show like *Z Nation*?

Juan: The tight budget makes us be more resourceful and still be extremely creative.

Q: How feasible is a zombie apocalypse?

Juan: With the recent election, I think it might be possible.

Q: So, the apocalypse happens … Are you the first to get eaten, or are you a survivor?

Juan: Survivor ... learned too many tricks from the show.

Q: Say you survive, how?

Juan: Wow that is good question. I'd be somewhere between a loner and group. I would help a group get settled, be safe, but like our show's season ends, I would then move on to somewhere else. Kinda think the trick to survival is moving around a lot.

Q: What are your top three post-apocalyptic concerns?

***Z Nation* director Juan A. Mas poses with actors on the set.**

Juan: Lack of water, breathable air, and no Jameson whiskey.

Q: What is your post-apocalyptic weapon of choice?

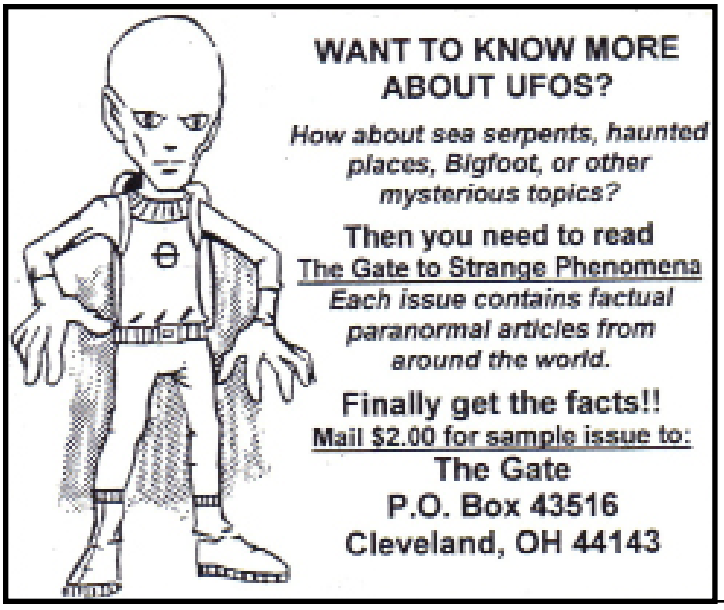
Juan: The Z whacker with added ice pic in one end.

Q: Which *Z Nation* character do you identify with the most?

Juan: I think Doc. I am just trying to survive and still be a good person.

Q: Do you have any projects you'd like to share with our readers?

Juan: The Spokane Film Project: http://spokanefilmproject.com/ and the 50 Hour Slam: https://50hourslam.com/.◆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'Z Nation' Crew Interview: Rebecca Cook, Wardrobe Supervisor, Season 1; Assistant Accountant, Seasons 2 and 3

Q: Advice to others hoping for a career like yours?

Rebecca: If you are just starting out, I think getting an education is important — whether it's college or a trade school, having some classes under your belt is a great way to get a taste for the business and to meet people you can network with for the rest of your life.

Participating in local film competitions is a great way to network with local filmmakers. Volunteering on small projects can also be good way to try things out. Many people start in another career and move into filmmaking, too, through other trade skills, like catering, electricians, painters, construction workers — we need all kinds of skills in this industry.

Q: What's it like working on an awesome television show like *Z Nation*?

Rebecca: It's never boring! The show is low budget, so we are constantly having to get creative with how to do things. We are lucky to have a very resourceful crew and directors who always find a way to make it work.

The show has a lot of camp and fun, and we feel that as part of the crew. It's also been fascinating how the fans have found us. I have friends from all over the world who found me on Facebook because they are fans of the show. Sci-fi fans are the best!

Pictured above: *Z Nation* crew member Rebecca Cook on set.

Q: How feasible is a zombie apocalypse?

Rebecca: Very. Even the CDC has a plan in place. I mean, if it's on TV, it must be true, right?

Q: So, the apocalypse happens … Are you the first to get eaten, or are you a survivor?

Rebecca: I think I'd really like to just get eaten early. I'm not made for the apocalypse. But, honestly, I have this niggling feeling I would somehow survive longer than anyone, especially I, would expect.

I have weird luck like that. Hopefully, I will never have to find out! I don't think I want to live in a world without flushing toilets.

Q: Say you survive, how?

Rebecca: I am totally an unwilling leader who surrounds themselves with people smarter than me. I am charismatic and I have a good head in a crisis, so I could be a leader.

I'm not as ass-kicking as Roberta Warren, but I can drop a good threat when called for.

Q: What are your top three post-apocalyptic concerns?

Rebecca: 1. Toilet paper; 2. Staying vegetarian; and 3. Keeping my cat alive.

Q: What is your post-apocalyptic weapon of choice?

Rebecca: Z Whacker! It never runs out of ammo.

Q: Which *Z Nation* character do you identify with the most?

Rebecca: Doc, I think. He's a good guy who is just trying to survive and keep his humanity. I would hope I'd remain as kind as he still is.

Plus, I like to serve up a good one liner when the mood hits.

You can learn more about Rebecca at https://www.facebook.com/rebeccacookvo/. ◆

'Z Nation' Crew Interview: Timothy Jones, Production Assistant

Q: What is your role on *Z Nation's* crew, and how did you get started in that field? What advice do you have for others hoping to become a production intern?

Timothy: I was an office intern turned production assistant. Really, all the advice I can give for those looking for production internships is to just email people, email people a lot. For about a month, all I did was email different companies practically begging for a chance to intern for them.

And then I would re-email them, and re-email them, and re-email them until somebody responded. Eventually, I got a response from the folks at *Z Nation*, and they interviewed me and offered me the position.

Q: What's it like working on an awesome television show like *Z Nation*?

Timothy: It was amazing! I learned so much every day. Working on set or working in the office, the rigors of production taught me a ton! And the people there were hilarious and so welcoming to me.

The cast and crew were so easy to work with and talk to, and they were so patient with a bright-eyed college student who asked so many questions.

Q: How feasible is a zombie apocalypse?

Timothy: Wait! The apocalypse hasn't already happened? Uhhhh ... I should probably come out of this bunker then ... and apologize to my neighbors for making a bunker in their front yard.

Q: So, the apocalypse happens … Are you the first to get eaten or a survivor?

Timothy: I would love to say that I would be the first to run to the mountains and create a castle of steel filled with supplies and sniper nests, but most likely I would trip over my own feet and get eaten almost immediately.

Q: Say you survive, how?

Timothy: I would definitely try to save as many people as I could and bring them somewhere far from the cities and create a nice new colony. Live together. Die alone. Am I right?

Q: What are your top three post-apocalyptic concerns?

Pictured above: *Z Nation* crew member Timothy Jones.

Timothy: Number one has to be getting the Internet up and running so I can snap the whole process of re-creating society. I mean how are all two of my followers going to feel when I stop posting just because there is an apocalypse happening?

I'm just kidding. Number one is trying to create a safe place somewhere away from the chaos, two would be establishing sustainable ways to get food and water, and three is getting the Internet up.

Q: What is your post-apocalyptic weapon of choice?

Timothy: I would say a lightsaber ... or a chainsaw. Oh no! A lightsaber chainsaw! Yeah ... that's the one.

Q: Which *Z Nation* character do you identify with the most?

Timothy: I would probably say Warren. I don't know what it is, but the challenge of leading such a strange group of people through the Z-littered world is just intriguing.

But in reality I am most like Citizen Z ... because I spend most of my time alone ... in front of a computer screen ... in a perpetual state of extreme whiteness.

You can connect with Timothy online at https://www.linkedin.com/in/timothy-jones-0a277711a. ◆

'Z Nation' Crew Interview: Chelsea Frazier, Hairstylist

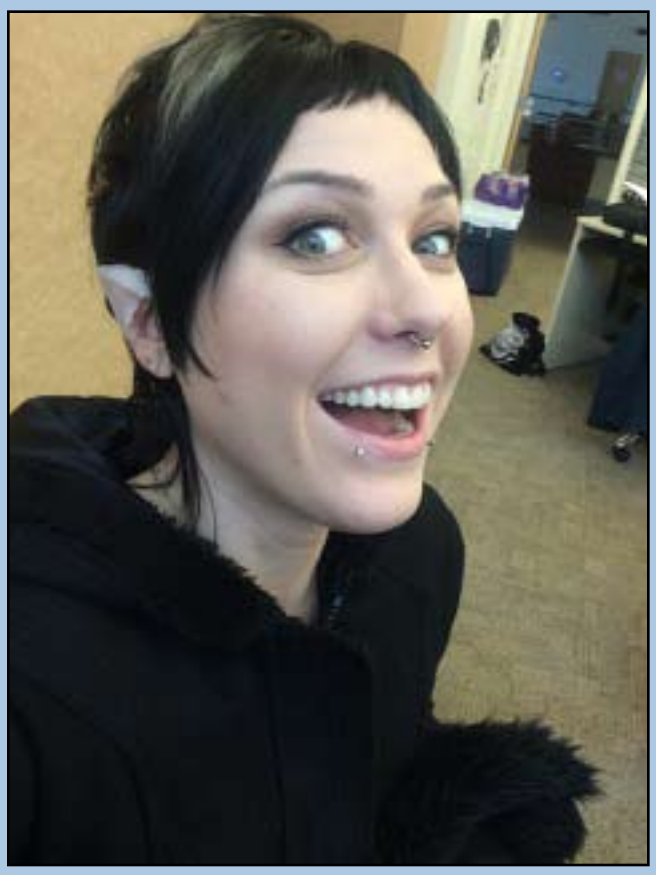
Q: What is your role on *Z Nation's* crew, and how did you get started in that field? Do you have advice for others hoping for a career on set?

Chelsea: I'm a hairstylist on the *Z Nation* crew. I got started in hairdressing after earning a bachelor's degree in studio art, art history, and French. I was looking for a trade that would allow me to work part time while amassing my portfolio for graduate school, and I discovered that I had a facility for doing hair and make-up in film.

I started out pretty much working on my friends, talking to them about what they do, and basically looking for avenues to collaborate on art projects. The only advice I can give to those hoping to work as a hairdresser in the film industry is to go with the flow as best as possible, take solace in that you cannot change the weather, and be kind to everyone to the best of your ability.

Q: What's it like working on an awesome television show like *Z Nation*?

Chelsea: The schedule was pretty grueling — normally we'd work about 14-hour days, five days a week for roughly six months. In the beginning, everyone was really cheerful and excited, by the middle we've all settled into our jobs and it's business as usual, and by the end I think everyone was ready to make up for two months of lost sleep.



Pictured above: *Z Nation* crew member Chelsea Frazier on set.

Q: How feasible is a zombie apocalypse?

Chelsea: What I find most fascinating about life on Earth is the multiplicity of organisms and the myriad ways we influence, coexist, and control each other. In the era of pandemic outbreaks, Malaria, Mad-Cow Disease, and Creutzfeldt-Jakob Disease seem scary enough.

I recently heard about Ophiocordyceps unilateralis, which is a parasitic fungus that infects ants and seizes control of their tiny ant brain, inducing the ant to bite. I've seen it called "zombie ant fungus" (do you remember the Fungus Zombies earlier in Season 3!?). There's no evidence of infection between these ants and humans yet, and I actually don't believe that a zombie apocalypse will come from any epidemic disease. Rather it will be an anti-intellectual dark age during which people will fail to ask questions about the motives of those who govern them, fail to see each other as kin, and begin to systematically take each other out by means of reducing their access to necessary resources.

We will fear each other and see our neighbors as "other," denying them help when they need it most. The only infectious element of this zombie-apocalypse is unexplored ideas, passed down generationally. Alas, we're already living it.

Q: So, the apocalypse happens … Are you the first to get eaten or a survivor?

Chelsea: Everyone thinks they'll be a survivor! This includes me!

Q: Say you survive, how?

Chelsea: I'm such a hippie! I would survive in a communal group that would take in loners and reinforce the idea that they're not alone, share what resources we do have, and work together in a dynamic that would allow everyone to play to their strengths for the majority of the time.

It would be a nonviolent and nomadic group, using whatever energy the zombies projected at us to turn back

on them so they would reap the consequences of their own actions, leaving when it's unsafe, and storing caches of food and blankets in ideal resting places.

I think my role would be to record our story in drawings and letters and to observe the patterns of the zombies to learn best how to avoid them. I'm sure some other survivor groups would consider us to be zealots!

Q: What are your top three post-apocalyptic concerns?

Chelsea: My top three post-apocalyptic concerns would be securing a means of obtaining safe drinking water, maintaining trust within the group, and teaching nonviolent self-defense tactics.

Q: What is your post-apocalyptic weapon of choice?

Chelsea: The aikido jo! That's the wooden stick people use to defend themselves in that particular martial art, but it's brilliant because we can find sticks anywhere and modify them to better suit our needs as we familiarize ourselves with the zombie apocalypse.

Q: Which *Z Nation* character do you identify with the most?

Chelsea: I definitely identify most with Doc. He's definitely a group person: There's no "me against the world" in his process. He genuinely cares about the safety of his friends during the most dangerous times while still managing to indulge in some seriously wicked wordplay (when hiking with friends I like to bring popsicle-stick jokes, puns, and entrail mix).

He's a good problem-solver with some mad critical thinking skills, so he can almost always get himself out of a gory situation when he does get caught out on his own.

You can get a glimpse into Chelsea's adventures on Z Nation on Instagram @chelsqueeeee.

Also check out her blog of zombie drawings at http://thedeadlydoodler.blogspot.com/. ◆

Krampus: The Darker Side of the Holidays

By Alan D.D., http://tintanocturna.blogspot.com/

We all know that gracious man dressed in red that brings happiness to our houses during the holidays, that old man that works day and night during the rest of the year in the North Pole. But have you heard about Santa's opposite?

Krampus is an evil creature, often called "devil," from the Alpine traditions. During the Christmas season, he comes to punish children who weren't good enough during the year. And here's where it gets really dark. Krampus sometimes eats them alive, drowns them, or even sends them straight to Hell.

If you're interested in reading about the folklore and myths surrounding Krampus, check out *Paranormal Underground's* December 2014 issue. This time, I will discuss society's image of Krampus as depicted in several movies and comics about Krampus that I've personally watched or read this year. While I'll only introduce a few of these depictions here, I strongly recommend you search for more information about this mythical creature to fully understand its twisted nature.

Think of the following as a shortlist of comics and movies you should take into consideration to get to know Krampus. Some of these have a more historical basis, while others take quite a few liberties with a more creative approach.

Finally, I want to note that all of these stories are for adults only, as Krampus has become a popular figure for plots involving sex, blood, action, and other types of mature content.

Krampus in the Comics

The topic of Krampus was recently used in the comic *Tarot: Witch of the Black Rose* #101, by Jim Balent. Krampus, an already regular character in the

comic, was used in a much darker way than the humoristic side Balent used before in issues #95, #89, and #84.

Balent explored the myth and offered an interesting reflection about human nature: Are we good? Are all children innocent? Read it to find out the answers, but know that the answers might make you feel a little uncomfortable.

Here are some other graphic novels to check out that deal with Krampus:

- *Krampus!* by Brian Joines.
- *Klaus* by Grant Morrison.
- *Sleigher: The Heavy Metal Santa Claus* by Robert Harrington.
- *Krampus: Shadow of Saint Nicholas* by many different writers.

Krampus in the Movies

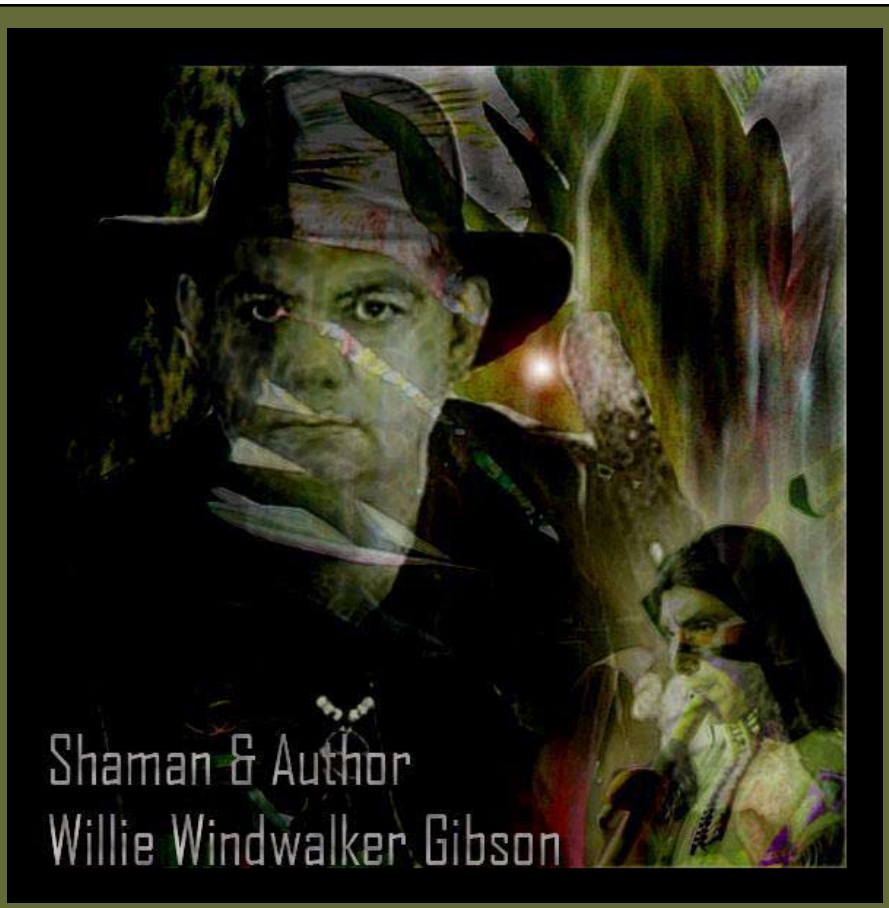
I had the chance to see *Krampus: The Christmas Devil*, a dark fantasy film directed by Jason Hull. People seems to have a bad opinion on this one, but I thought it offered a nice perspective. Just make sure to have low expectations before watching it, as it is a very simple movie that needed more love.

In contrast, *A Christmas Horror Story*, another dark fantasy movie, has some more intense action. It was directed by Grant Harvey, Steven Hoban, and Brentt Sullivan, and this movie has received many positive reviews. Watch the trailer to get a good sense of what the movie will be about. The movie features some adaptations away from the classical definition of Krampus.

You can also find *Krampus* by Michael Dougherty; *Krampus Unleashed* by Robert Conway; and *Krampus: The Reckoning*, by the same director. All of these have a mix of dark fantasy with horror.

This is just a start of the Krampus-themed comics and movies out there. Keep searching and you'll find other interesting books and movies on the market, especially coming from independent and small companies that often have a fresher point of view.

Read more about Krampus at http://news.nationalgeographic.com/news/2013/12/131217-krampus-christmas-santa-devil/. ◆



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10 of the Most Haunted Places in New England

By Diana Vilibert via www.the-line-up.com

Come for the clam chowder; stay for the ghosts on every corner. New England's cemeteries, inns, and bridges are ripe with ghost sightings and reports of paranormal activity. Here are 10 of the creepiest spots in the area. So, pack your hiking boots and EMF meter, and plan a visit.

1. Three Chimneys Inn (Durham, New Hampshire)

This inn was originally built as a homestead in 1649; and it's been haunted for nearly as long. Rumor has it that the first owner of the inn had a daughter, Hannah, who drowned in the nearby Oyster River.

Today, visitors and inn employees often report creepy activity, from missing objects and self-locking doors to noises in empty rooms and levitating glassware. The current innkeeper believes Hannah's spirit has stuck around since her death to play games with guests and staff.

2. Emily's Bridge (Stowe, Vermont)

This bridge is actually called the Gold Brook Covered Bridge, but it's known as Emily's Bridge ... because of the ghost who haunts it, of course. The circumstances of Emily's death are somewhat uncertain — some say she hung herself after being jilted by a lover; others say she fell while riding a horse — but rumors of her haunting the bridge have persisted since 1968.

The best time to get a glimpse of Emily? Park your car on the bridge between 12 a.m. and 3:30 a.m. (her most active hours), and you might hear footsteps, a girl's screams, and banging ... and maybe even find scratch marks on your car.

The Lizzie Borden House in Fall River, Massachusetts, is the site of brutal axe murders that took place in 1892.

3. The Lizzie Borden House (Fall River, Massachusetts)

We don't recommend staying alone at this spooky B&B. It's the former home of Lizzie Borden, a Fall River woman accused of murdering her father and stepmother with an axe in 1892.

Today, guests can stay in the master bedroom of the murdered couple, and even in the room where the stepmother was found. Many have reported sightings of ghosts, as well as discovering mysterious scratches across their bodies.

Inside the Paine House in Coventry, Rhode Island, investigators report being pushed and slapped by less friendly entities.

4. Bridgewater Triangle (Bridgewater, Massachusetts

The Bridgewater Triangle spans about 200 square miles and includes spots like the Hockomock Swamp and Taunton State Hospital. There's plenty of opportunity for paranormal activity here. Visitors have reported Bigfoot sightings, UFOs, ghosts, tailgating spirits, and flying creatures all over the area.

5. Bowman House (Cuttingsville, Vermont)

Rumor has it that John P. Bowman built this Victorian mansion as a summer home for his family, but his wife and two daughters died before they could enjoy it. He remained in the house after their deaths and dabbled in the occult in hopes of bringing his family back from the dead.

Bowman died in 1891, but some say that his family made it to the house after all. Visitors report seeing an apparition of a woman roaming the home and hearing the sounds of a baby crying, as well as a feeling a sense of dread when standing at the top of a staircase.

6. Captain Grant's 1754 (Preston, Connecticut)

Captain Grant's 1754 was built by Captain William Grant for his wife, Mercy Adelaide Avery, and their children. Though Captain Grant died at sea, his family lived in the home for generations. Mercy died there in her 80s and was buried across the street, though she's said to haunt the home to this day.

If you come for a visit to this historic inn, you can even stay in the Adelaide Room, named for Mercy, and try to catch a glimpse of her ghost.

7. Gardner Lake (Salem, Connecticut)

Gardner Lake is a seriously creepy location. For starters, there's a house at the bottom that supposedly sunk in winter 1895 when the homeowners tried to move the house across the frozen lake using sleds. The family saved some of their possessions, but left heavier furniture, including a piano.

People who have come to this lake to fish have heard faint piano music coming from under the water.

8. Sterling Opera House (Derby, Connecticut)

Since it was built in 1889, the Sterling Opera House has showcased the likes of Bob Hope and Harry Houdini. Today, visitors say it's home to spirits. Paranormal investigators have reported the voices of children talking and singing, shadowy figures, orbs, and children's handprints appearing out of nowhere.

9. Dudleytown, Connecticut

It's not often that an entire village is cursed, but visitors to the remains of Dudleytown say that's the case. The village was founded by the Dudley family, who were apparently cursed, all dying off soon after settling the land. Some say that the Dudley curse extends to the rest of the village — its population quickly dwindled after the Dudley deaths.

It was totally abandoned in the 1800s, though some historians believe that might have been due to lead-contaminated water sources. While little more than stone foundations remaining today, visitors to the Dudleytown site report various forms of paranormal activity — like sightings of orbs — and a strong sense of dread.

10. The Paine House (Coventry, Rhode Island)

Built in 1691, this house is now a museum and historical society — but that's not why visitors flock here. It's apparently a hotspot for paranormal activity. Investigators report picking up voices and sounds and being pushed and slapped by the less friendly entities in the home.◆

Investigators visiting Dudleytown have reported seeing glowing orbs, hearing whispers and laughter in the woods, and many other strange phenomena. (Photo by Rob Dupuis)

CONFESSIONS OF A PARANORMAL UFO TIME TRAVELER:

MARIA D'ANDREA EXPLORES OTHER REALMS

By Sean Casteel, https://spectralvision.wordpress.com/

At home in Long Island, Maria D'Andrea wears the multi-jeweled crown of psychic, shaman, interfaith minister, lecturer, teacher, and author. She can also lay claim to the diamonds of UFO contactee and time traveler to complete her crown of wisdom.

I spoke to Maria recently, being fascinated particularly by her UFO-related experiences and her claim that she has developed the incredible ability to travel through space and time, which she describes in astonishing detail in her recent book *Travel the Waves of Time: Contacting Beneficial Beings*, which is part of the "Yes You Can!" series released by Tim Beckley's Inner Light publishing.

From the start, Maria wanted to make it plain that when we talk about UFOs and their occupants we are actually speaking of more than just one type of craft and crew.

"There are some aliens that are interdimensional and some that are physical," Maria said. "But a lot of it is just that they're on another plane of existence. We look at 'spaceships' — for lack of a better word. Sometimes, the way that they're spinning vibrationally, you might see part of the ship because it will be in synch vibrationally with our realm for a couple of seconds or for a little while. Sometimes they're simply physical ships. In any case, they have the ability to shift their energy between time and space. It's just like when we go out-of-body, we're able to travel totally without limits."

Maria went on to explain: "But I find from my experiences, when I've run into the aliens, it happened more often when I was going out-of-body rather than seeing them physically. If you look at olden times, like really way back, people used to think of aliens that could travel between dimensions and through time as gods. They believed in 'sky gods,' which could have appeared in an airplane, a rocket ship or a spaceship. But because they 'came down from the sky,' the ancients saw them as sky gods. There is also an entity called Chronos, who is a time god, as well as one called 'the angel of time.' So through the centuries they've always had some type of god that came down in one form or another. They're really either just time travelers or aliens coming into our space."

Maria D'Andrea is an internationally known professional psychic from Budapest, Hungary. Since early childhood she has demonstrated high spiritual awareness and psychic ability.

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And what has Maria experienced herself in this regard? She says she now has the ability to consciously leave her body and often does so because it enables her to work with the various otherworldly energies quicker and more directly. During one out-of-body experience, she found herself looking at the planets.

"You're thinking like you're seeing somebody floating or flying through in-between the planets, right? And they're usually going fast? I didn't get to have that experience," she said. "What I had was, I was stationary, like I was standing in one place, and the planets were moving. I remember a spaceship coming out from behind one of the planets. And it came a little bit closer. It kind of stopped and looked at me and then it went away. So these things happen more frequently when you're out-of-body."

A Vanguard of UFO Occupants

In other experiences, Maria has literally seen the UFO occupants.

"I had one situation where they looked just like us," she recalled. "And then I had one that was just very strange. I'm kind of bad with heights and things, but they were a little bit taller than me and their skin was like a very dark brown. But it looked kind of leathery. When I met them, they seemed very, very friendly."

Maria continued: "They just wanted to pass on information to me. Which really means to 'us,' or whoever would have shown up. I don't think it was only me specifically. Now, I was getting this more telepathically. It wasn't as though I was getting a language or hearing it clairaudiently, which sometimes you do. This was more you just 'know' what they're saying. There's a 'cross-sentience' where you just know. There's no other way to describe it."

As a spiritual leader, Maria has provided psychic guidance and enlightenment to many people, assisting them on their own personal path of spiritual self-discovery. Maria is known for a unique form of divination called "rune casting."

The dark brown, leathery aliens communicated to Maria the idea that they wanted to help the world become more "awake."

"The word I kept getting was 'awake,'" she recounted. "I would have thought they would say 'enlightened' or 'to do better,' but I kept getting the word 'awake.' They were trying to awaken the planet, and they were sending what looked like energy light waves. Think of a laser beam coming from them. It looked like it was coming from what we would call our Third Eye and the center of the palms of their hands. They were just sending white light with a little blue on the edges. I don't know why. They didn't explain the light; they just shined it on the planet to help the people awaken. Then they disappeared."

Maria has had even stranger experiences, including this one that happened on her very first journey out-of-body.

"It feels like you're in a gray room," she said. "You know you're in a room but you just don't see walls. I remember that at a distance there was a row of — for lack of a better word — what looked like 'monks.' There was a row of them going from right to left. It kind of looked like a procession. The reason I'm saying 'monks' is because they had cloaks, brown cloaks, over their heads, so I couldn't see their faces.

Maria continued to explain her experience: "I wanted to get closer to see what they looked like. When I started moving closer, I actually 'felt' a warning to stay away. Being who I am, I wanted to get closer anyway. Some of us don't learn. So I moved a little closer, and I felt the warning much stronger that said to 'stay away.' I tried moving closer anyway, because, again, it's just me."

After this last attempt to move closer, the warning to stay away suddenly had more meaning.

"All of sudden I realized that I didn't know who I was," Maria said. "Not only did I not know my name or who I was — I thought, OK, if I look down at my body I will see who I am. I looked down, and there was nothing there. I panicked because, on top of everything else, now I didn't even know my gender. It scared me so much that I popped right back into my body."

She added: "If something happens and you get scared or you're in danger, you will automatically snap back into your body. It's not like you're going to die. You automatically snap back. But the first time, that's what happened to me. I still don't know who [the monks] are. It hasn't happened again. But it was really, really scary.

After a couple of months of "calming down," Maria

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said that she'd been doing it ever since.

"I've never again run across the monks. But I could definitely 'feel' a warning. It wasn't a threat. It wasn't that I was in danger," she said. "It was just a warning not to get closer. Since then I've learned that if you're seeing something at a distance, you really can't get much closer. Because the closer you start to get, it just disappears and you come back. I think some of it could just be a survival instinct. On the other hand, when we have experiences like that, we tend to learn from them and try to do a little better with that."

How-To Books of the Supernatural Kind

Visit Maria's Website at http://www.mariadandrea.com to get a detailed rundown of the services she offers and the numerous books she has authored over a lifetime of psychic adventure and exploration. She has definite ideas about the pragmatic nature of her literary output.

"First of all, all my books are really how-to books," Maria explained. "They're not about my life. It's not vain. It's all how-to, so that people can do things for themselves. Because I truly believe that the more you can do for yourself, the better the world gets. Basically, if you know the technique, pretty much everybody can do it. A lot of it has to do with going out-of-body."

There are numerous ways to achieve an out-of-body state, such as by using meditation or specific types of crystal and copper in various setups and combinations.

"When you're dealing with that," Maria said, "what people forget about is that it's basically about how to navigate the energy streams. So, when you're going out-of-body, there are different waves or different levels of energy. And interdimensionally, the only difference between our dimension and another dimension is the rate of vibration per second of the energy."

This difference in the rate of vibration is why some things are visible to us in the physical realm and some are not. It also explains why something may appear only temporarily to us, because the vibration of the energy from another dimensions is just momentarily in synch with our own before reverting back to its own dimension. To reinforce this idea, Maria pointed out that, in real-world physical terms, we know a spectrum of colors exists that is far outside our human ability to perceive them. Even though we don't take them in with our eyes, they are nevertheless truly there.

"So, when you're dealing with out-of-body," Maria continued, "or when you're dealing with traveling through time and through space, essentially you're putting yourself into alignment with the vibrations of the energy on that interdimensional edge. The difference is, sometimes we do it consciously and sometimes we don't. I do feel that we're always under our own control. And that's a very big factor. People get very nervous about some of these situations."

Maria offered some words of caution: "The first thing I always teach is, with anything someone is ever going to try spiritually, on the paranormal level, psychically — on any of those levels — the first thing they must do is learn psychic self-defense, because you need to be safe," she said. "I look at it as 'electricity.' You don't see electricity, but you also don't put your hand in the socket. It's a matter of understanding the laws of the Universe."

> "When you're dealing with traveling through time and through space, essentially you're putting yourself into alignment with the vibrations of the energy on that interdimensional edge."

Psychic self-defense involves various rituals, spoken prayers, and visualizing oneself surrounded by heavenly white light. The important thing is to be aware of one's rights as a mortal creature who need not fear the spirits on the other side even if the entity one has contacted reveals itself as negative and malevolent.

Time Travel Is the Wave of the Present and the Future

Maria also has her own perspective on the phenomenon of time travel.

"We have a specific time that we look at, whether we're doing rituals or anything else," she said. "And the reason is that we need the 'time construct' in order to have the necessary mental perception to function in the physical world. So we have 'time,' but they do not. When you're dealing with spirits or aliens or any form that is interdimensional, they don't have the same outlook on time as we do."

The first step to genuine time travel is to learn to travel out-of-body and therefore outside of time itself as well. Just like the benevolent spirits we may contact on the out-of-body plane, we also are not limited by time or space.

"We are actually masters of time," Maria declared. "People just don't realize that because they don't know the technique. I do like to get people to understand how to work interdimensionally because we're really not alone."

SUGGESTED READING

- *Maria's Secret Magical Elixirs of Life*
- *Occult Grimoire and Magical Formulary*
- *Traveling the Waves of Time* ◆

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- Columnist for *Paranormal Underground Magazine*

The Gloomy Ghosts of the Witch's Castle

BY ORRIN GREY VIA WWW.THE-LINE-UP.COM

Chances are, you grew up near a site said to be haunted. Perhaps it was a spooky house in your neighborhood that stood empty for years or an old public building that had fallen into ruin. These places collect names as surely as they collect sinister stories, and one such spot is a derelict building in the Pacific Northwest known as the Witch's Castle.

Some say the spirits haunting the Witch's Castle are those of the Balch and Stump families, still fighting their old feud. (Photo by Finetooth via Wikipedia Creative Commons)

The Beginning of the Legend of the Witch's Castle

Located in Forest Park between Portland and Beaverton in Oregon, the Witch's Castle sits alongside Balch Creek, near the junction of Wildwood Trail and the Lower Macleay Trail. The land where it stands was once owned by Danford Balch, who leant the nearby creek its name. In 1850, Balch filed a land claim for the property and worked to clear it with the help of an itinerant worker from Vancouver named Mortimer Stump.

Balch and Stump worked together, spending hours in the other's company. They were bound to either grow close like family or split violently apart. Tragically, it was the latter that came to pass.

Stump is said to have fallen in love with Balch's 15-year-old daughter Anna. The couple asked for Balch's blessing to be married. Balch not only refused, he threatened to kill Stump if the pair eloped.

Undeterred, Anna and Mortimer ran off to Vancouver, where they were married in November 1858. A few weeks later, the newlyweds returned to Portland for supplies, along with some other members of Stump's family. There, they encountered Balch, who shot Stump dead with a shotgun. According to some accounts, Balch later claimed that his wife had "bewitched" him into killing his former partner in order to bring their daughter home. Perhaps this was the beginning of the legend of the Witch's Castle.

Danford Balch was promptly arrested but managed to escape from custody and hide out on his own property for six months before he was apprehended again. He was convicted of murder and hanged on October 17, 1859. The execution was the first legal hanging to occur in the Oregon Territory.

Balch's wife continued to live in the cabin after his death, and his land was divided among his children. According to some stories, the murder of Mortimer Stump and execution of Danford Balch didn't put an end to the feud between the two men — which possibly continued from beyond the grave.

In 1897, the land was given to the city by its then-owner Donald Macleay to be used as a park. In spite of stories claiming that it was once the Balch homestead, the

structure known as the Witch's Castle was actually built in the 1950s to house restrooms and a ranger's station. It fell into disrepair quite quickly and was abandoned in the 1960s. Though there is little left to mark its former function, the stone walls and steps remain, their covering of moss conjuring images of eerie Gothic castles.

Legends of the Witch's Castle

It's no wonder, then, that ghost stories have sprung up around the place. Some say that the spirits haunting the Witch's Castle are those of the Balch and Stump families, still fighting their old feud. Others make no connection to the land's dark history, claiming that the castle was instead home to a witch's coven or Satanic cult.

Even as a public restroom and ranger station, the stone structure in the wood was supposedly plagued by supernatural phenomena. Visitors felt uneasy upon entering, and toilets reportedly flushed on their own, scaring patrons. Some say the building was abandoned because such paranormal activity was too much to bear.

A view inside the Witch's Castle. (Photo by Epicrux, Atlas Obscura User)

I actually visited the Witch's Castle while I was in Portland for the H.P. Lovecraft Film Festival last year, along with a fellow author of weird fiction. We parked up the trail at a visitor's center and walked past caged birds that stared at us with dark, impassive eyes. The trail led us deep into a wilderness that looked like something from Skull Island or the engravings of Gustave Dore.

The castle itself was smaller than it looks in pictures — and far smaller than the name would imply. Much of its mystery evaporates in the daylight, especially when one encounters additional legend trippers seeking the site.

Still, the haunting allure of Witch's Castle is undeniable. It struck me as the kind of place where high school kids would sneak out to at night, where dares are made and ghost stories are told.

Looking out from a gloomy room in the upper level of the building, I could easily imagine strange lights flickering in the forest, while forms glided through the shadows beneath the glow of the moon.◆

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A Sense of Purpose

By Karen Frazier, Paranormal Underground Radio: In The Dark

At several times throughout my life, I've felt adrift and as if my life was lacking in purpose. Most often, these periods of what I felt were aimlessness were actually the periods that immediately preceded me finding a new, greater sense of purpose.

It's natural from time to time to feel like you've lost your sense of forward movement; your feeling of contributing to something greater than yourself. These feelings may arise during times of contentment, when you're feeling safe and secure within your overall life situation.

These times may come when your children grow up and move away. They may come when you're working a job that just doesn't seem to allow you to contribute anything meaningful in the world (one of mine was when I was doing marketing writing for a company that made industrial automation equipment — I was utterly bored and knew that my work truly had very little value).

What I've discovered in my own life, however, is that a sense of purposelessness isn't necessarily me driving a rudderless ship. Instead, it is a state of openness, where I am ready for something new and significant to enter my life. And, typically, it doesn't take much time after I've identified that feeling before something new enters that allows me to feel directed and driven as I move forward toward something important.

Do you feel your life lacks purpose or meaning? Here are some strategies to try to help as you move forward.

Acknowledge the Feeling

If you've read my articles before, then you've probably seen me say this before: Just the fact of acknowledging something brings it to light and begins the process of change.

Instead of ignoring it, allow yourself to truly feel your purposelessness, noting how it feels in your body, mind, and spirit. Be with the feeling with no requirements other than the experience that it is there.

Reframe It

Once you've been with the feeling for a while, redefine it. Is it purposelessness you are feeling, or are you in a state of open readiness, willing to accept what the Universe brings next?

Being in a state of open readiness lets the Universe know you are ready and willing for something new and significant.

Set Your Intention

Intention is the precursor to action. Deliberately (aloud, in writing, in prayer, in meditation, or however you talk to the Universe) state your intention for new purpose to come into your life.

In other words, ask for it. Express gratitude that before you have asked, the Universe has already answered, and it is on the way.

Don't Force It

Being without purpose can feel empty, but that doesn't mean you should force yourself into something new just for the sake of having a purpose. Events in the Universe take time to unfold sometimes, and it would be a shame to be tied up with busywork and totally miss it when THE THING you've been seeking comes along.

Likewise, trying to force purpose may limit the Universe, which is prepared to bring you the very thing you need if you allow it.

Say Yes!

When you exist in a state of open readiness, the Universe will bring you exactly what you need, but it's still up to you to say yes when it arrives. But how will you recognize it? Inside there will be a knowing that, whatever it may be, this is the right thing for you to do, the right path for you to follow, the exact place you need to be.

Don't let fear of the unknown hold you back. When the opportunity arises, grab it with both hands expressing gratitude that the Universe provided you with exactly what you needed, when you needed it.

Embracing the Space

It's natural from time to time to feel like your life lacks purpose, but these times don't need to be difficult. Instead of feeling lost or empty, know the Universe is conspiring in your favor to bring you the perfect opportunity you need to move forward in the interest of your greatest and highest good.

In the meantime, move into the space in gratitude, knowing you are sitting in a place of readiness for the perfect opportunity to come along that will support you on your path.

For more tips on healing the body, mind, and spirit, visit https://www.facebook.com/AuthorKarenFrazier. ◆

Sacred Geometry in Plants & Stones

By Silvermoon Medicyn and Vicki Ratliff

We all learned about geometry in school at some point — all those weird shapes, crazy angles, and peculiar names. It's easy to spot geometry in things like buildings, art, and fabric designs. But what about geometry in nature and stones?

Ancient cultures recognized the repetition of certain geometric shapes in nature. They began to associate particular symbolism and meanings to specific shapes, and thus was born sacred geometry. Before we look at examples in nature, we need to know what the sacred geometrical shapes are and what they represent.

Spheres are believed to represent the Universe and are associated with a strong mind, mobility, and consciousness. Metaphysically speaking, they help to increase flexibility, clearness, and purity of the mind.

Plato described five additional fundamental shapes that are referred to as platonic solids. Platonic solids are complex polyhedrons; each face, edge length, and angle within a given platonic solid is equal to the others.

The cube has six square faces, eight vertices, and 12 edges. Cubes are associated metaphysically with the root chakra, grounding, and the Earth element.

Octahedrons have eight triangular faces, six vertices, and 12 edges. They are associated metaphysically with integration, the heart chakra, and the Air element.

A solid with four triangular faces, four vertices, and six edges is a tetrahedron. Tetrahedrons are good for manifestation and are linked to the solar plexus chakra and the fire element.

Spheres are believed to represent the Universe and are associated with a strong mind, mobility, and consciousness. They help to increase flexibility, clearness, and purity of the mind.

Icosahedrons are connected metaphysically with the Water element, transformation, and the naval chakra. They have 20 triangular faces, 12 vertices, and 30 edges.

The fifth solid is the dodecahedron, which is composed of 12 pentagonal faces, 20 vertices, and 30 edges. Ascension, mystery, the spirit chakra, and the ether/Akashic element are associated with dodecahedrons.

The Golden Ratio (Fibonacci Sequence)

The Fibonacci sequence, or the Golden Ratio (phi=1.618...), is a series in which each number is the sum of the two preceding it (0, 1, 1, 2, 3, 5, 8, etc.). One of the original uses of the Fibonacci sequence was to estimate the rate of rabbit reproduction, but the Golden Ratio has been found in numerous biological patterns and systems in the Universe.

The ammonite fossil is a well-known example of a Fibonacci spiral in nature. Other examples include leaf and petal arrangements, the shape of beehives, wheat grains, and bract patterns of pinecones. Metaphysically, Fibonacci spirals are associated with relaxation, protection, stability, increased problem solving abilities, and a healthy/balanced life.

Spotting Sacred Geometry in Plants and Stones

Once you know what to look for, it becomes easy to spot sacred geometry in plants and stones.

Petunias are great examples of dodecahedrons. They are often associated with calmness and tranquility.

The ammonite fossil is a well-known example of a Fibonacci spiral in nature. Other examples include leaf and petal arrangements, the shape of beehives, wheat grains, and bract patterns of pinecones.

The dodecahedron shape adds the properties of mystery and help with spiritual ascension to the petunia's other properties.

Stones are generally found in amorphous random shapes, which may be chiseled or ground into specific shapes. Some stones, however, can be found in naturally formed platonic solid shapes. Pyrite, for example, may be found as a cube. In sacred geometry, this would combine the grounding property of the cube shape with the intellectual, protective, and other properties of pyrite.

Fluorite, magnetite, and diamonds may be found naturally in an octahedron formation. Fluorite is associated with the heart chakra on its own, so the octahedron shape amplifies focus on the heart chakra and integration with fluorite's other properties of balance, clarity, and protection. Magnetite in octahedron form would be powerful for attractions and manifestations involving the heart chakra.

Platonic solid stone sets can be assembled or purchased to help with balancing chakras, healing, dream work, and meditation. There are many combinations to consider, and the use/effects of the set will vary depending upon which crystals/stones are used and in which shape you choose for each crystal type. For example, smoky quartz and cubes are both associated with the Earth element, as well as the root chakra. Therefore, it would be more beneficial for someone working on grounding and balance to work with cubed smoky quartz rather than smoky quartz in a tetrahedron form. Someone suffering from headaches might want to obtain amethyst in dodecahedron form for best results. A set of only clear quartz may be assembled in the various platonic solid shapes to use for chakra balancing.

One sacred geometry healing set found online includes red jasper in cube form (root chakra), orange aventurine as an icosahedron (sacral chakra), yellow aventurine as a tetrahedron (solar plexus chakra), an octahedron of green aventurine (heart chakra), a sphere of sodalite (throat chakra), a Merkaba Star in clear quartz (third eye), and an amethyst in dodecahedron form (crown chakra).

Sacred Geometry Is Everywhere

Sacred geometry is found everywhere in nature and the Universe. The patterns are beautiful to look at and serve a great function in survival and adaptation. Combining the properties of sacred geometry patterns with the healing properties of plants, seeds, and stones can be a powerful tool. Look around, investigate, and see what wonderful combinations you can discover! ◆

THE CHRISTMAS *VISITOR*

By Willie Windwalker Gibson, www.shamanwindwalker.com

This story is a true story from when I was 10 years old. It was Christmas time, and us kids were excited. Christmas time was always a big deal for us. Our Christmas was a little different, though. You see, we never had a Christmas tree. The reason being is that dad feared there would be a fire, or one of us kids would topple the tree over on top of us. So we had a Christmas table.

Every Christmas morning, we would get up, run to the kitchen, and see all of the gifts Santa brought us sitting on the Christmas table, along with candy and fruit. We looked forward to that packed table every Christmas.

It was Christmas Eve 1965. I was 10 years old, and it was the night before Christmas. I was excited, along with my brothers and sisters, to see what Santa was going to bring us the next day.

It was snowy outside and cold. I was looking out the window watching the cars drive by the house, wishing that my grandfather was there with us. Grandfather died a few years earlier just before Christmas. That year was sad for us.

As I sat wishing that Grandfather was there, a red car pulled up in front of the house. I could see the smiling face of Aunt Janet from the passenger side window. As the car stopped, Uncle Charles got out from the driver's side and waved to me. Aunt Janet got out of the car and walked to the house.

I jumped up and ran to the door to let her in. Before she could knock, I opened the door. "Hey, Willie," she said hugging me. I was sure happy to see her. My brothers and sister were happy too as they came running in from the other room.

I noticed my uncle was not with my aunt, and I asked where he was. My aunt told me to go find him, so I ran outside. Uncle Charles was getting packages from the trunk of the car. I ran over to him, he smiled at me and asked me to take some of the boxes. He started placing boxes in my arms, six in all, and he had one big package in his arms.

We walked into the house, and everyone was in the living room — Mom, Dad, my brothers, sister, and Aunt Janet. Dad told me to put the boxes on the floor in the corner. I did, and Uncle Charles put the big package with them.

Aunt Janet and Uncle Charles traveled with the race horse circuit as cooks, and they said they wanted to take a few days off to come spend Christmas with us. Aunt Janet was my dad's sister.

As my dad and mom talked to my aunt and uncle, I walked over with my siblings and we looked at the packages on the floor in the corner. We saw our names on them with Mom's and Dad's, and the big package that Uncle Charles carried in had my name on it. It was huge, and I really wanted to know what was in it. Dad looked over at us and said, "You kids! Come away from there!"

When dad said something, you did it. Dad told us we would see what the presents were in the morning.

* * * * *

Mom and Aunt Janet fixed supper that evening, and after supper we visited for a while before going to bed. Aunt Janet and Dad talked a lot about my grandfather and how they missed him. They talked about the time when my grandma was sick with TB and how Grandfather hid moonshine under grandma's sick bed to keep the sheriff from finding it. The sheriff would not dare go into a TB sickroom to check for moonshine. Dad and Aunt Janet laughed about it and said that my grandfather was a character.

At about 9 p.m., dad told us kids to go to bed and that Santa was on the way. He told us that if we were up and not sleeping, that Santa would pass us by. So the four of us kids went to bed. I went to bed with the thought of my grandfather still on my mind. I was the only one of the four of us kids that remembered him and what he even looked like.

* * * * *

I tossed and turned for hours. I could not seem to fall asleep. I was worried that if I didn't go to sleep, Santa would not leave our presents on the Christmas table in the kitchen. I could hear the old clock on the wall in the living room clicking away the time.

Finally, I couldn't take it anymore, and I got up and crept into the kitchen to check the Christmas table. As I looked through the darkness, I could see presents piled on the kitchen table.

I tiptoed in and started looking at the packages on the table. I found the big package on the table that had my name on it. No one was around, so I started to peel off the Christmas paper on my gift.

All of a sudden, the room lit up in a blue shimmering light. I got scared. Then I heard a voice say, "Don't be afraid, Willie." I saw a figure come from the light and slowly start to take shape. I adjusted my eyes to the blue light, and I could see it was my grandfather standing there.

I put the package down and walked to my grandfather. He stood there with a stern smile on his face. I looked at him and said, "Papaw." He looked at me and said, "Hey, Peanut." That was my nickname my papaw had for me, so I knew that was him.

"Now, Peanut, you know you're not supposed to open that gift," he said.

"Yes, sir," I responded.

"You go on back to bed and wait until tomorrow, and then you can see what that is," Papaw said.

"I miss you," I told him.

Papaw told me he would be around when I needed him. He told me goodbye and then he walked back into the light — and the light went out. I stood there for a minute, and then I went back to bed.

* * * * *

The next morning I was in bed, and my dad yelled for us kids to get up. Santa had come! We all jumped out of bed and went into the kitchen where the Christmas table was. We started tearing into our gifts that Santa brought. Santa brought my sister an Easy Bake Oven, my brothers got cowboy guns and outfits, and Santa brought me a wrist watch.

I got the big box that had my name on it, the box Papaw stopped me from opening. As I started to tear off the paper, Aunt Janet stopped me. She said, "Willie wait a minute. Before you open that box, I need to tell you something."

I stopped and waited for my aunt to say something. She then told me, "Before your grandfather passed away a few years ago before Christmas, he got you something. But he never got the chance to give it to you for Christmas. I thought you were too young for it then, so I kept it until you were older. This gift is from Papaw."

I tore the paper off, and it was a shooting gallery. It had animals that moved around in a circle, and it had a pistol that shot BBs. It was awesome! My aunt told me that when Papaw saw the shooting gallery at the store, he knew I had to have it. I was so excited to have it, and she could see I loved it.

My aunt said, if only your Papaw could see how much you loved his gift. I looked at my aunt and said, "Aunt Janet, I am sure he does." Little did she know that the night before, I had a Christmas Visitor and that I would cherish Papaw's gift most off all. ◆

Dream Interpretation: Politics

By Karen Frazier, Paranormal Underground Radio: In The Dark

Dream:

Dear Karen,

"Here's my dream: We have a party for a female friend — who looks haggard and will not speak with me. Bill and Hillary Clinton are there. He knows who I am. As we go to get food on an escalator, I ask to take a picture with my dog and he obliges — and later I will take a picture of Hillary. Instead of using my phone, I use a key fob that I can't get pictures off. When I go back down from getting food, the Clintons are gone (they indicated they would need to leave early) — so I can't get another, but I will get it off my fob.

"There is a row of flags across the water, and people are going by to place them in flag holders, so they stretch entirely across the water. I have a flag that is kind of a cross between Israel and Greece's flag, and I swim to place it in the flag holder about halfway across."

—Anonymous

Dear Anonymous:

Thanks for sharing your dream. It has several symbols we can look at for interpretation.

First, let's start with the people. In general, people in dreams represent aspects of yourself. So your friend in the dream for whom you're having a party is some aspect of yourself. Because you indicate she looks haggard, it may indicate you are feeling overworked or exhausted. The fact this friend will not speak to you indicates you are ignoring some part of yourself — most likely the part of yourself that is causing this exhaustion in the first place.

The Clintons are aspects of yourself too, although they may also be associated with an archetype, such as the politician, or with some aspect of yourself you feel is political. What they represent really depends on how you personally view them.

Now let's look at the symbols:

Food

Food refers to thoughts, ideas, and feelings. Without knowing the specific type of food, I can't really be more specific than that.

Escalator

An escalator shows movement from one level of consciousness to another (your spiritual journey). So the thoughts and ideas (food) are up the next level of consciousness (escalator).

Photograph

Dreaming of taking a picture suggests the need to focus on an idea or issue.

Fob

I'm not really aware of an interpretation for a key fob; however, a fob is a type of a key — just more technologically advanced.

A key is a keeper of secrets — or it locks away secrets. So in a dream, a key symbolizes access to ideas, knowledge, etc.

Water

Water indicates subconscious and emotions. The state of the water (clear, cloudy, choppy, etc.) indicates the state of your emotions. Since you don't mention its state here, I can't really comment other than to tell you the water is giving you insight into your deeper feelings.

Flags

Flag poles represent stability, while flags represent peace and prosperity.

Swimming

Swimming represents exploring your thoughts, emotions, and subconscious.

The Bottom Line

I think this dream is talking about your political ideals and how they relate to your spirituality. Currently, you are frustrated and exhausted as it relates to politics, and there's even a part of you that's angry at yourself for the current situation.

You may be struggling to integrate the two right now – finding a way to match up a current political situation with your highest and greatest good spiritually. The way to do so exists within your subconscious mind – it's there for the taking when you're ready to find it, even though right now it feels like a struggle.

However, if you continue to explore your thoughts and feelings and pay attention to your deeper emotions about the issues, you will come to a place where you are at peace with current politics and can find a way to balance your ideals with what is happening in the world.

Thanks again for sharing your dream.

–Karen

Do you have a dream that you'd like to have interpreted? Email editor@paranormalunderground.net with a detailed description of your dream, and Karen Frazier will interpret it for you. Dream submissions can be anonymous, and we'll send you the interpretation back via email. ◆

3 ASTOUNDING WORKS BY THE MAN WHO SAW ACROSS TIME

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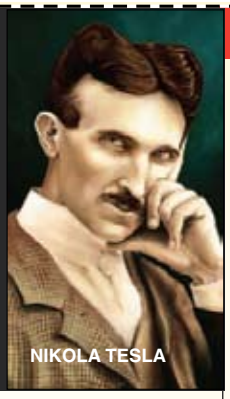
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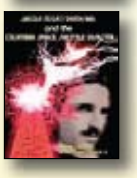

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The Real Roanoke Nightmare: Behind Season Six of 'AHS'

By Krystle Vermes, getspooked.net

In the sixth season of *American Horror Story*, creators Ryan Murphy and Brad Falchuk decided to use reality television as a backdrop for the entire series. (Stop reading now if you're avoiding spoilers.) The 10-episode season was produced to mirror docudramas, such as *Paranormal Witness* and *A Haunting*. It followed a couple, Matt and Shelby, who moved into an old abandoned house in North Carolina. The area was where settlers had previously established a colony — before mysteriously disappearing.

They eventually became known as "The Lost Colony of Roanoke," which is based on a true story. Murphy and Falchuk are known for dropping references to real-life people, places, and moments in history in *American Horror Story*, some of which may not be immediately obvious to viewers. Here are some of the most intriguing references that might have flown under the radar if you watched Season 6.

(And if you didn't, well, here are some examples of Murphy and Falchuk's genius and why you might want to go back and watch.)

1. "The Lost Colony" Was Real, and We Still Don't Know What Happened

In 1587, a group of about 100 English setters were led to establish a home in the "New World." They were left on Roanoke Island off the coast of North Carolina by Englishman John White. He eventually returned after three years to provide more supplies but found that the settlement was completely abandoned. The only clue was the word "Croatoan" carved into a nearby tree.

"Croatoan" was the name of a nearby island, where Croatoan Indians lived at the time. Some believe they may have relocated to the island, where they chose to live alongside the Native Americans. Others think they may have perished for a variety of reasons, such as starvation.

However, artifacts from the area are still being discovered, meaning the real answer as to what happen is still being uncovered.

2. The Murderous Nurses Were Real

In this season of *American Horror Story*, two (ghost) nurses kill the haunted house's inhabitants for fun. They play a game where they try to spell the word "MURDER" on the wall — they kill a person whose name begins with one of the letters in the word "MURDER" (M for Mary, for example), and so forth, until they complete the word.

In real life, the nurses were Gwendolyn Graham and Cathy Wood. They met at the Alpine Manor nursing

home in Michigan, where they soon became lovers, who happened to both be obsessed with murder. Over time, they developed the "MURDER" game, which was used by Murphy and Falchuk in American Horror Story.

Unfortunately, five people died under Graham and Wood's "care" before they were caught and faced justice. If you want to read more about it, the true crime novel *Forever and Five Days* by Lowell Cauffiel documents the grisly lovers.

3. The Pigman (Legend) Is Real

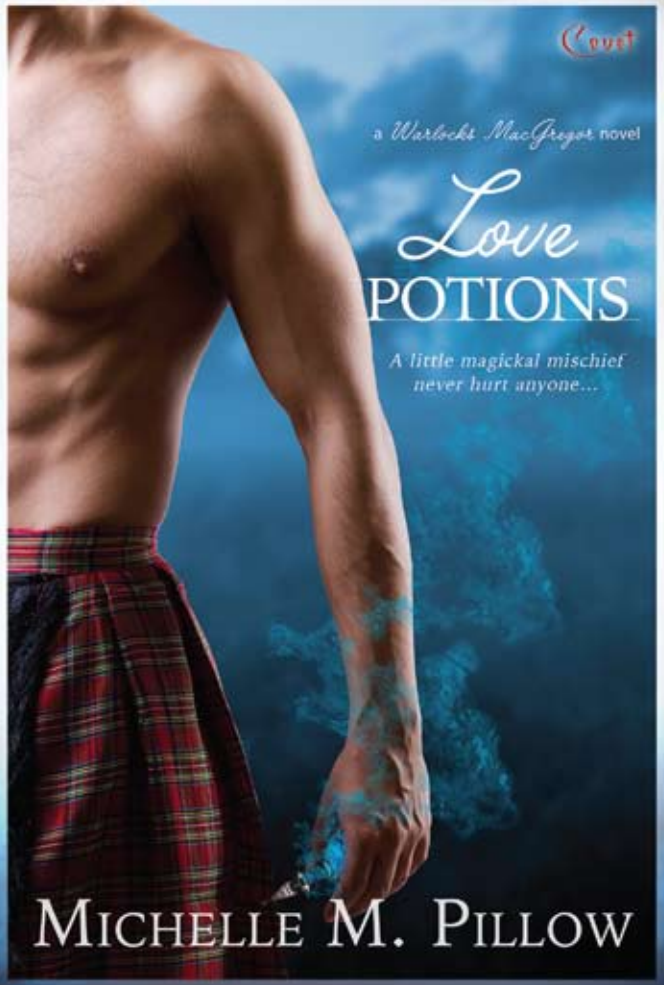
There have been a number of legends over the years surrounding a real-life Pigman, who has been a recurring monster on *American Horror Story*. Essentially, he is a man walking around with a butchered pig's head over his own. And, he seems to love murdering people.

Legends of the Pigman have spanned from Texas to Georgia. The most popular story goes back to Angola, New York, where there is a bridge called Pigman Road Bridge. A murderer supposedly stalks the area, killing anyone who passes near the bridge.

He became known as the Pigman after he started placing the heads of pigs on stakes near the road. He is thought to be responsible for the disappearance of several teenagers, whose heads were placed on stakes along the road as well. Today, locals still believe he hides out near the area, waiting to strike.

Whether you believe in the legends or not, Murphy and Falchuk have mastered the art of using real-life horror for the sake of terrifying fiction. Even if you aren't a fan of *American Horror Story*, their historical references are enough to remind us the past is full of nightmares we would rather forget.◆

Erik MacGregor, from a clan of ancient Scottish warlocks, isn't looking for love…until he moves in next door to Lydia Barratt.



Covet

www.MichellePillow.com

The Magic of ANIMALS

By Winter M. Balefire, Winterbalefire.com

While getting into my car the other day, I just so happened to look up and see a hawk perched upon the light post. I knew this beautiful bird was there for a reason. Something was telling me I needed to step back, observe the bigger picture, and redirect my focus.

How did I gather this information? As a practitioner, I'm very open to recognizing the signs and symbols that nature sometimes offers.

Spirit Animal, Totem, and Familiar: What's the Difference?

You may have heard at least one of these terms but are not sure of the differences between them. First let's start with the term spirit animal. I think a common misconception is a spirit animal is one you choose. This is not the case. A spirit animal will make itself known to you during a time when you need guidance, clarity, or when there is a lesson you must learn.

These animals may appear in many ways. You may see the physical animal more often than you have in the past, or you may see artwork, photos, or television ads with this animal. For example, if you are seeing more spiders lately, you may need to focus on a pattern you are creating in your life.

Another example to consider is noticing animals that you may not see in your daily life. You may not live in an area where goats are prevalent, but suddenly you are seeing images of them everywhere. You're noticing artwork or television ads with a goat as the star, or you may be dreaming of goats and this is not usual for you.

These animals are a sign that you are sure of your current path and are reaching new heights. Try not to let your personal feeling of the animal interfere with the message it is attempting to bring. You may think frogs are slimy and gross, but they are actually a symbol of healing and hidden beauty.

A totem is an animal that is called upon to help with a task or offer guidance and protection. Many tribes use animal totems to tell the story of their heritage and ancestors. These totems are believed to have special powers that help the tribe carry out certain duties.

The word totem is from the Chippewa word for kinship group. Some examples of totems include the bear, which symbolizes solitude and strength. The coyote is there to help you recognize when you've made a mistake. And the deer shows kindness and compassion. These symbols are very important, and even the smallest creatures can be extremely powerful.

A familiar is referred to usually in magical practices, such as shamanism and witchcraft. During the European Witch hunts and Salem Witch trials, these creatures were

believed to be given to witches as a gift from Satan. Unfortunately, this led to many domestic animals being killed during this time.

Back to the modern day, a familiar is believed to be a connection between this world and the unseen realms, possibly because animals have been known to see and hear things we cannot. A common belief is that a familiar will find you, like when a stray cat or dog randomly arrives at your door.

There are also meditation techniques to help visualize and even summon your familiar.

Animals "in" Magic (Literally)

Yes, people have and still do use actual animal parts in magical practices. In shamanism, the practitioner may wear a necklace of certain animal parts, bones, or even the antlers as a headdress — all for either protection or to invoke the particular animal's traits as their own. This may not be for everyone, and there are rules to follow. The parts must be acquired in an ethical way.

Depending on where you live, you may have access to found parts, such as snakeskin, which can be used in magic for transformation or crow feathers for creativity and guidance. These parts should always be cleaned before used, and if you cannot do a traditional cleaning, then place the item in a bag and place it in the freezer for several days.

Animals are majestic, and every animal has a purpose and a meaning. Figuring out what it means to you is the fun part. Remember, these creatures often come with a message, and you must always approach with respect and, at times, caution. Never try to force an animal to be a part of your magical practices; they will come to you when the time is right. ◆

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The Apparition of Adrian

By Frank R. Santariga

In my book, *Paranormal Family and Friends*, I describe some of the best paranormal accounts that I investigated and researched during my more than 25 years as a parapsychologist. This is one of those accounts.

My cousin Adrian died suddenly at the age of 26. At the time of her passing, I was living in Colorado. But I was told the following incident upon my return to New York, during a family gathering. Knowing of my involvement in the paranormal, my family was anxious to hear my opinion regarding the strange occurrences surrounding Adrian's death.

The morning of February 22, 1974, started like most midwinter days in my hometown of Yonkers, New York. The sky was bright and sunny, and the snow was on the ground from the previous weekend's storm. As my mother was getting ready for work, she complained about waking up with a headache. For my mother, this was nothing new. As far back as I could remember she had always suffered from chronic high blood pressure, which caused her numerous headaches.

However, this time it was more than just another headache; she also had an accompanying uneasy feeling that was causing her a peculiar anxiety.

Shrugging it off, Mom packed her lunch, bundled herself up and made her way down New Main Street to the dress shop where she worked as a dressmaker.

As the morning moved on, her headache somewhat diminished, but in contrast, the queasy feeling seemed to be growing. Looking at the clock, she noticed that it was almost 10:30 a.m. and thought that perhaps having some lunch and taking aspirin would help relieve her symptoms.

Running out of material, my mother leaned over and reached into a bin for more fabric. When she pulled up a bulk of the fabric, Mom jolted back in shock as she was suddenly gripped by a ghastly vision. She had uncovered what seemed to be a head and upper torso of a person.

At first, my mother could not identify the figure, but slowly it came into focus. Totally traumatized, she recognized the person: It was my cousin Adrian.

As soon as Mom recognized the figure to be Adrian, she became light-headed and fainted. Everyone ran over to help her. One of the men who worked there gave her some water. He then asked if she would like to see a doctor or go home. My mother thanked him but said she was fine and solemnly went back to work. To her surprise, the creepy feeling that had plagued her all morning had disappeared.

Mom had just finished lunch and was getting back to work when my dad walked into the shop. He walked over to my mother, but before he could speak, she asked, "What are you doing here? Shouldn't you be at work?"

My father was about to give the reason why he was there when my mother abruptly stopped him and said, "Wait, don't tell me, I know why you are here. You're here to tell me that Adrian is dead."

Dad stepped back, not believing what he had just heard. He asked Mom, "How did you know?"

Mom told him about the troubling feeling she had since waking up that morning and about the vision that had appeared to her.

My father explained that my cousin Yvonne, Adrian's older sister, knowing that Adrian had not been feeling well, had been trying to reach her that morning. Not being able reach her by phone, Yvonne asked Adrian's boyfriend, Gary, to go to her apartment to see if everything was OK. When Gary got there, he found Adrian in bed and not breathing. He immediately called 911. The EMS people came quickly, but it was to no avail. Adrian did not respond to any of their procedures, and she was finally pronounced dead at 10:30 that morning.

A couple of days later, my mother and father went to the funeral home for the wake. As they approached the casket, my mother started to shake and told my father to hold on to her arm and quickly find a place to sit. My father noticed my mother was very upset and asked what was wrong. My mother told him that Adrian was wearing the exact dress that my mother had seen on the day of her vision.

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The Restless Ghosts of the Borders Textile Towerhouse

By Claire Sloan, ShadowsOfTheNight.co.uk

The Borders Textile Towerhouse is a museum and visitor center in Hawick, Scotland, that explores the knitwear and tweed story of Scotland's premier textile region. Changing exhibitions showcase contemporary fashion and design. Displays of garments, artifacts, and photographs tell the story of over 200 years of tradition and innovation in the Borders Industry. It is a lively hands-on museum suitable for all ages.

The Tom Scott Room displays paintings by the noted Scottish watercolorist Tom Scott RSA, along with touchscreen access to the Museum's full collection. The Secret Tower displays explore the turbulent history of the building from the time of the Border reivers, who were raiders along the Anglo-Scottish border from the late 13th Century to the start of the 17th Century.

Historically, this location is also known as the "Black Tower of Drumlanrig" and is the oldest building in Hawick. It was an imposing landmark in the town and has witnessed the savage cross-Border warfare and bitter inter-family feuding that marks the town's turbulent distant past.

The story of the tower is traced from its earliest years as a fortified tower and stronghold of the Douglas family power, through development as a genteel 18th Century residence for Anne, Duchess of Buccleich and Monmouth (whose husband was James, the ill-fated Duke of Monmouth). In the 19th Century, the Tower served as Hawick's main commercial inn, later becoming the Tower Hotel — the focus of social life in Hawick until its closure in the 1970s. It was opened as an interpretative center in the 1990s and refurbished as Borders Textile Towerhouse in 2009.

Ghosts?

With the Borders Textile Towerhouse being one of the oldest buildings in Hawick, it is certainly safe to say that there has been some strange activity going on there! In fact, a staff member said to me that every morning she enters the house there is always a different feel to it, sometimes good and sometimes bad. This is not surprising with a house full of so much history.

The Borders Textile Towerhouse is home to paranormal activity that includes dark shadows, apparitions appearing and walking through walls, and disembodied bangs and footsteps.

There are so many reports of paranormal sightings, with dark shadows seen by many and apparitions appearing and walking through walls in front of their very eyes. Add to this feelings of being watched, loud bangs, and footsteps when there are no other people in the building.

Investigation

Being the first to investigate this very old building steeped in so much history. The Shadows of the Night team could not wait to set up and begin the investigation. The Borders Textile Towerhouse had a certain feel about the place whilst walking about it during the day, but when night time settled in, it become more atmospheric! The building started to come alive, with each room having its own unique character.

The Shadows of the Night team had a chance to investigate the haunted Borders Textile Towerhouse (pictured above) in Scotland. Pictured above at right, the team captured the spirit of a child in the attic of the building.

Once everything was in place, the cameras set up, and the equipment charged, the team was ready to investigate one of Hawick's oldest buildings.

Heading into one of the grand dining rooms, straight away the spirit of a young female made her presence known. Could this young lady have been a maid? Some team members were overwhelmed with a feeling of sadness to the point where one broke down crying and had to be taken out!

After calming her down, she said all of a sudden she just felt extremely emotional and could not stop crying. She said her legs felt heavy and a pressure was on her shoulders, like an invisible force was pushing her to her knees on the floor. This did not just happen to one team member, but also two others in different groups.

While all this was going on, we did not get anything on the equipment, not even a meter going off. Of course, that happens: We sometimes have personal experiences, but we get nothing gadget wise! Or the opposite happens: We capture evidence on the equipment but no one feels, sees, or hears anything.

Next we headed down into what would have been the basement back in its day. We went lights out in the sheer darkness. The atmosphere was heavy, and a strong presence was lurking in the darkness — a not-so-nice feeling that sent shivers down our spines and created a sense of uneasiness that had us looking over our shoulders constantly.

I sensed a strong male spirit over six feet tall clenching his fists while pacing angrily. We all got a feeling that he wasn't happy with us being there. Team members kept seeing a big black mass in front of them, while others were getting ice cold blasts across their faces. Keep in mind there were no windows in the room, and it was not windy outside.

All of a sudden, we all heard a loud bang followed by a male's voice from the far corner of the basement. It sounded like a growling noise! Nothing whatsoever could have possibly made those sounds naturally, as we checked outside of building in case there was anyone outside walking by. You can imagine that, as investigators, we were all rather excitable. Unfortunately, we did not catch any evidence on our equipment.

While all this was going on downstairs, the other group was upstairs in the very top attic. They had great interaction with a very young spirit girl, who was responding to yes and no questions with the K-IIs and lots of little taps. One member said at one point it felt like a little child was holding their hand.

Capturing a Spirit on Camera

Before we headed off for a break, the group upstairs in the attic took a few pictures. Then, during our break, we decided to look through the pictures. To our astonishment, we caught a young girl in a red dress standing in a far corner of the attic.

Obviously, with lights back on, we had to go back up to double check in case there was anything there to cause this image. That corner of the attic was empty. Could we have caught the image of the young spirit girl who had been interacting with the investigators earlier in the night?

As the first team to investigate the Borders Textile Towerhouse, we were honored to spend time in a building that had so many different elements of history attached to it. We had great experiences during our investigation that I will never forget.◆

'FREAKN' OUT':

By Eve Langlais

Q&A by Michelle M. Pillow, www.MichellePillow.com

Eve Langlais is a Canadian author in her early forties who battles the cold winters by writing hot romance with a sarcastic twist and shapeshifters. She currently resides in Ottawa with her Overlord and three minions.

When Eve is not having her characters embark on wild romantic adventures she's reading, acting as a taxi to her kids, or playing Candy Crush (Level 749!). Read on to find out more about Eve and her paranormal fiction.

* * * * *

Q: In your book *Freakn' Out,* your hero Derrick is a wolf shifter who can't shift because of a spinal injury. What inspired you to create such a character?

Eve: I think one of the most common things in shapeshifter romances is the strength of the male heroes. They are bold and brash, able to charge into a situation and emerge victorious.

But Derrick is paralyzed from the waist down. He can't shift. He can't run. The feeling that he's less than a man tortures him, especially when he meets the woman fated to be his mate. Can he beat the demons that haunt him and allow himself to love?

Q: Why do you think readers are fascinated by the paranormal?

Eve: For me, I am looking for an escape from the mundane. Our day-to-day lives are full of reality, from working to paying bills to cleaning and raising a family. In a paranormal story, ordinary people can find themselves suddenly sucked into an adventure. The what-if factor adds an element of excitement, because you can't predict what might happen next or what fantastic creatures you might meet.

In a paranormal world, anyone can suddenly become a hero/heroine and fight the forces of darkness — or get tossed over a brawny, hairy shoulder as a werewolf carries you off to claim you as his mate.

Eve Langlais is a stay-at-home mom who writes full time in between juggling her three kids, husband, and housework. She likes to play video games, cook, and read. Eve admits that she has a twisted imagination and a sarcastic sense of humor, and she is partial to strong alpha males, naked chests, shifters, and aliens.

→

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http://paranormalinsights.net/

Q: What are your favorite paranormal shows, movies and books?

Eve: I gobble paranormal shows; *Grimm, Haven, Lost Girl,* several seasons of *Supernatural, Lucifer* ... I love being transported and seeing new takes on old legends. With today's special effects, it's all too easy to believe.

My hubby always laughs when I squeal and get excited by a new paranormal offering. And my teen mocks me when I get scared after watching a horror flick with her — because what if there is a monster under the bed?

Q: Do you believe in the supernatural?

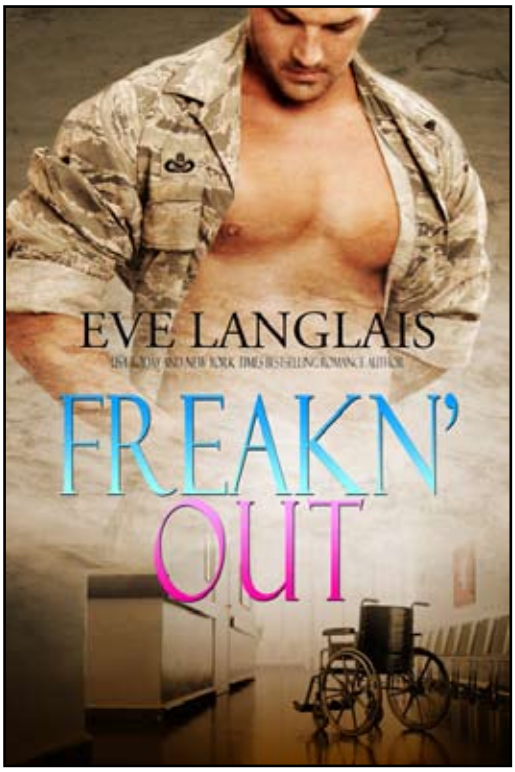
Eve: I think there are many things out there that can't be explained by science. I think it's all too easy for humanity to ignore or play down the things they don't understand, and that is how the supernatural forces in our world are able to remain hidden.

But the beings we think are legend are lurking and waiting for the moment they can rise from the shadows and lord it over the humans.

Q: What does the future hold for your writing?

Eve: Writing for me is a full-time job, one that I love. I have no shortage of ideas and books I want to write. Most of them are supernatural in nature, although I do like to add the occasional science fiction piece in there.

For me, it's about telling the stories I want to hear. Meeting characters I can relate to. And discovering the world that lies just beneath ours — while indulging in a few giggles along the way.



In *Freakn' Out*, Derrick is paralyzed from the waist down. He can't shift. He can't run. The feeling that he's less than a man tortures him, especially when he meets the woman fated to be his mate. Can he beat the demons that haunt him and allow himself to love?

Q: Have you ever been abducted by aliens?

Eve: I hope so! Wouldn't it be exciting if they took some DNA samples and cloned me. I can totally see my clone conquering the Universe and spreading giggles everywhere.

When it comes to aliens abductions, I can't help but think of what we as a species already do. We follow and tag and document the habits and biological makeup of the creatures on Earth, and I imagine we'll do the same once we find new species in space.

In reverse, that means any aliens who come across us would also want to explore and try to understand the strange water-based creatures that call themselves human — and maybe copulate with them ... because you know, alien sex is hot! lol

Q: How feasible is a zombie apocalypse?

Eve: It's coming ... We've got the freeze-dried rations ready and the sticker on the truck. Hubby and I have hashed out our plan for when it hits. When the dead start to rise, we'll be prepared to survive.

Q: Choose your fate: Would you rather face being abducted by menacing aliens or the face imminent threat of zombies?

Eve: Aliens. I think we stand a better chance of reasoning with them, especially if we're not a food source.

Q: If you could be anywhere while writing, where would you be and why?

Eve: There is something very relaxing about writing close to water. A few times a summer, we try to escape to a cottage by a lake. While the family fishes and swims, I write to the soothing sound of waves.

Q: Do you like creating an overall world and multi-book plotline better than individual stories, or vice versa?

Eve: Can I say yes to both?! lol. I tend to write series where each book deals with a specific couple, but throughout that book and the books for other couples there is an overreaching plotline.

I like the slow buildup that culminates in an epic ending. Examples of that in my stories would be the *Kodiak Point* and *Bitten Point* series, which each have a background mystery that builds over the course of the HEA's in each book.

Q: Rumor has it you write about the devil, and readers love him. Are you going to Hell?

Eve: Probably. But I've yet to burst into flame when I step into a church. As to my Lucifer, he came about quite by accident when I wrote *Lucifer's Daughter.* The idea was what would the devil do if his daughter wasn't evil enough?

What resulted was a comedy that started with the *Princess of Hell* series and rolled into the *Welcome to Hell* series where Lucifer gets his own HEA in the last book, *Hell's Bells.* Be warned, there are horned duckies.

* * * * *

To learn more about Eve and her books, visit http://evelanglais.com/wordpress/.◆

Photo by Joe Bertoldo

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The Ascension Mysteries: Revealing the Cosmic Battle Between Good and Evil

Excerpt from 'The Ascension Mysteries' by David Wilcock

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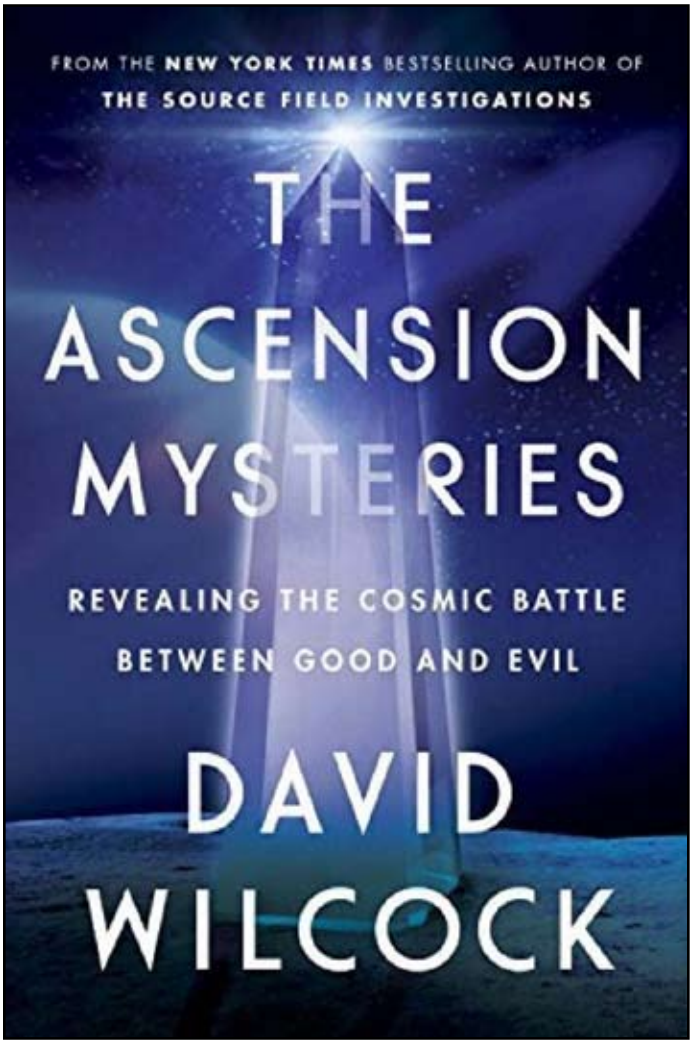
Imagine a life of supernatural, godlike powers. Instantaneous telepathy, where you read others' minds so effectively that words are obsolete. Levitation, where you soar into the air with nothing more than the power of your thoughts. Telekinesis, where you levitate objects, even of colossal size, and command them to move with your mind. Materialization, where you can create anything you want as easily as you once opened your mouth to speak. Time travel, where you jump into the past and fast-forward into the future with stunning clarity.

The "veil" between living and dying, which caused you to forget that you had a greater identity beyond each mortal life, has now dropped. In every moment, you are fully aware that you are a soul having a human experience. Your level of intelligence is now vastly greater than anything you had access to in the past.

Is this a dream? A case of ridiculous wishful thinking that has no grounding in reality? Or is it possible that the world's great spiritual teachers were telling you the truth?

Are you walking around in a state of amnesia, oblivious to who and what you really are? Could the choices you make and the thoughts you think be far more important than you might ever realize? Is there a cosmic battle between good and evil playing out in the seemingly mundane struggles of your everyday life?

Is this hidden battle also raging behind the headlines of many of the world's most noteworthy events? Is ascension — a graduation into a higher level of existence — your ultimate goal for being human? And are there negative


FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF
THE SOURCE FIELD INVESTIGATIONS
THE ASCENSION MYSTERIES
REVEALING THE COSMIC BATTLE BETWEEN GOOD AND EVIL
DAVID WILCOCK

In *The Ascension Mysteries,* David Wilcock takes us on a gripping personal journey that describes the secret cosmic battle between positive and negative happening every day, hidden in both the traumas of our own lives and the world's headlines.

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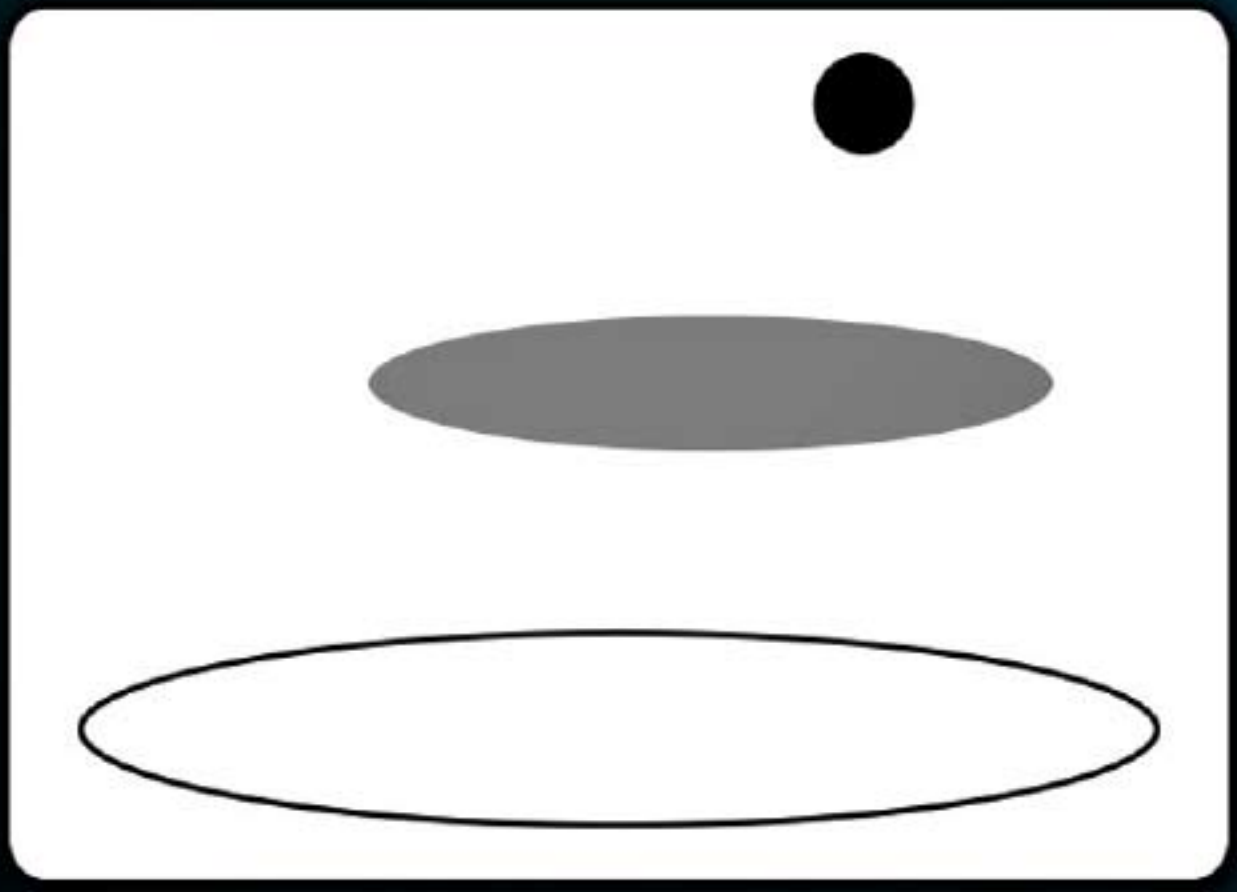

Darryl E. Berry Jr

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forces in the Universe that feed on your fear, anger, guilt, and shame and will stop at nothing to prevent you from achieving this quantum leap in your evolution?

Are we witnessing a tremendous competition over who gets to control our planet? Would these negative forces literally die without our selfishness, jealousy, materialism, greed, and loneliness providing them with an energy supply? Have these forces been fighting a battle that has gone on for hundreds of thousands of years — in their own conscious memory?

You are about to enter a world where all these questions have answers. We are threatened with doom and destruction from a seemingly impossible array of villainous forces. Not only do we have an "elite" who appear to thrive on creating wars, financial catastrophes, plagues, and chaos, nature itself appears to have betrayed us. Our planet is dying. The water is disappearing. The animals are being

hunted into extinction. Every year the temperatures are getting hotter. Earthquakes, volcanoes, tsunamis, hurricanes, and super storms threaten our lives and planet.

People tend to think the ancient spiritual tales are only "mythology," whereas we live in the "real world," which is far more lonely and threatening. Humans often use denial and addictive behaviors to push the unpleasant and seemingly inevitable truth of mass destruction out of our minds. Then, when the truth comes blasting out of its feeble packaging, it triggers a hidden sense of hopelessness once more, and we crash-land into another deep, dark depression of profound loneliness. Now we believe in God — when things are at their worst — and in our private hell we cry out, "Why? Why? Why?"

You may have been fortunate enough to come into contact with what many visionaries have called "ageless wisdom." You may have had a near-death experience, where you caught a glimpse of the greater reality beyond the veil of living and dying. You may have had a dream so beautiful and breathtaking that you woke up in tears, longing for the promise of a new tomorrow. You may have had a peak emotional event, either of extreme terror or utter ecstasy, and broken through to that resplendent calm that is the bounty enjoyed by all the great masters — where time slows to a crawl and you see your life from an "overview" perspective.

Something may have happened to you that was so utterly bizarre, so undeniably supernatural, that your entire being seemed to tingle and vibrate in amazement. For those few precious moments, you touched the essence of something truly profound. You experienced a reality where there is no fear, no pain, no loss or loneliness — only love, joy, happiness, and boundless, brilliant white light.

This expansive, awe-inspiring sense of eternity often seems fleeting. You get a brief glimpse of the magic, but all too soon the mundane realities of everyday life surround you once more. The candle flame of infinite potential is snuffed by the cold, hard wind of reality — as most now see it.

Thankfully, it doesn't have to be that way. One of the great mysteries of our time is that positive spiritual beings do exist, and if you follow certain guidelines, you can make direct contact with them. I get letters almost every day from people experiencing bizarre and mystical phenomena. I worked very hard to achieve contact with spiritual beings, and the results have been extremely profound and meaningful.

I am going to tell you the story of my experiences in this book — how one person moved through incredible hardship to discover dazzling hidden truths about ascension and our future.

The Gnostic spiritual tradition teaches us that information is alive, and exposing ourselves to information about the true nature of the cosmos can trigger a metamorphosis within us that ultimately promotes ascension. My previous books have presented this information from a scientific perspective, but in the first half of this book I will reveal how this metaphysical truth manifests in your life on a personal level.

To read 'The Ascension Mysteries: Revealing the Cosmic Battle Between Good and Evil' by David Wilcock, visit https://www.amazon.com/Ascension-Mysteries-Revealing-Cosmic-Between/dp/1101984074.◆

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